



## HEBER VALLEY CARE CENTER

160 WEST 500 NORTH — HEBER CITY, UTAH



# "WE CARE"

Long Term  
Care

Day  
Care

Respite  
Care

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**PHONE (801) 654-0521**



HEBER OFFICE



of the  
**PARK CITY  
FAMILY COUNSELING  
INSTITUTE**

A non-profit professional counseling service for:  
Individuals, Couples, Families, Groups, Adolescents  
and Children

- \*Parenting
- \*Divorce
- \*Stress
- \*Behavioral
- \*Communication
- \*Depression
- \*Assertiveness
- \*School

**Rates Adjustable for Low-Income Households**

Marion P. Ayers, Doctor of Social Work  
Nancy A. Bradish, Master of Social Work

**TUESDAY & THURSDAY APPOINTMENTS**

Old North School

**654-3649**

We would like to thank Mary Bluth for being chairman of the Fall Family Fling. She has done a tremendous job. Also we appreciate her committees Jane Pinter, Floorshow; Edith Mair, Susan Graham, decorations; Billie Sue Morris, Dixie Holmes and Mary Olympics; Sandy Sargent, posters; Joan Bingelli, media coverage; Betty Mair, distribution of posters and flyers; Rhonda Rose, cloggers; Terri Ferrand and Vicki Todd, refreshments; Judy Lindsay, Football Team.

Sincerely,  
Heber East Stake  
Activities Committee

**I'm gonna be  
thinner by  
Thanksgiving  
... and skinny  
by Christmas!**

HOW TO WIN AT THE LOSING GAME  
**DIET  
CENTER<sup>®</sup>**

I'm starting the  
Diet Center  
Program today!

**JANET SWEAT, COUNSELOR**

135 South Main — Heber  
(Rear Entrance of Intm. Thrift & Loan) 654-3042

**NEW HOURS: Mon-Fri 7 a.m.-1 p.m., Sat. 9:30-11:30a.m.**

